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The Sober Revolution looks at women and their relationships with alcohol, exploring the myths behind this socially acceptable yet often destructive habit. Rather than continuing the sad spiral into addiction it helps women regain control of their drinking and live happier, healthier lives.

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Do you count down the minutes to wine o'clock on a daily basis? Is a bottle of Pinot Grigio your friend at the end of a long hard day? If you want to give up being controlled and defined by alcohol then now is the time to join The Sober Revolution . Fed up of living in a fog of hangovers, leth...

The Sober Revolution: Women Calling Time on Wine O'Clock ...

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The Sober Revolution: Calling Time on Wine O'Clock by Lucy ...

Lucy Rocca, 38, lives in Sheffield, South Yorkshire, with her partner and two daughters. She is the co-author of The Sober Revolution; Women Calling Time on Wine O'clock and Your 6 Week Plan. Her...

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